

# Long Grain & Wild Rice Blend

Uncle Ben's long grain and wild rice



WIMS CODE #57008

Allergens: Soy, wheat

Wild Rice Blend	
<b>Nutrition Facts</b>	
Serving size 1 portion (85 g)	
Servings per container 1	
Amount per serving	
<b>Calories</b> 300	
Calories from fat 10	
% Daily Value *	
<b>Total fat</b> 1 g	2%
Saturated fat 0.5 g	4%
Trans fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 980 mg	41%
<b>Total carbohydrates</b> 63 g	21%
Dietary fiber 1 g	6%
Sugars 0 g	
<b>Protein</b> 0 g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 20%
* % Daily Values are based on a 2000 calorie diet.	
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